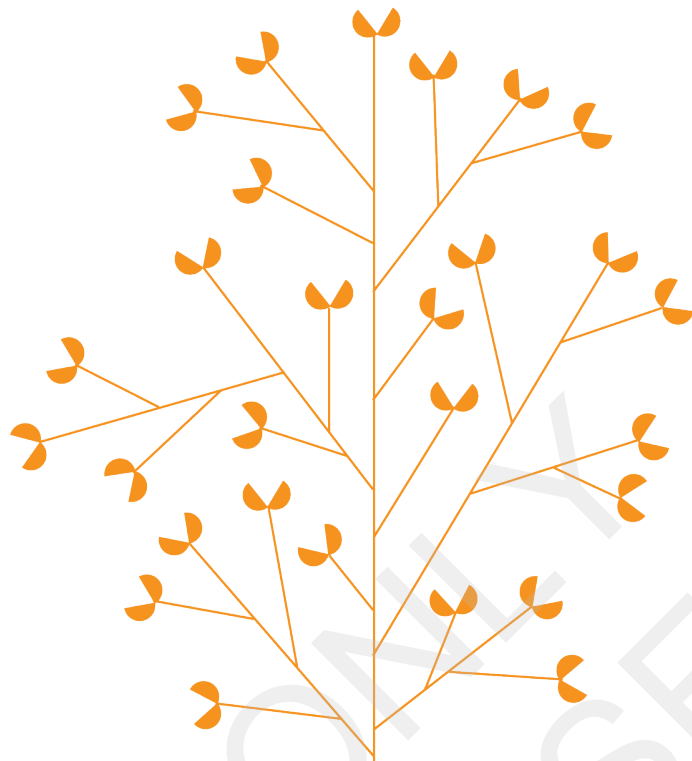




MDI



# UNDERSTANDING OUR LIVES

MIDDLE YEARS DEVELOPMENT INSTRUMENT

2025–2026 ■ **SURVEY OF GRADE 6, 7, 8 STUDENTS**

BRITISH COLUMBIA  
INSTRUCTIONAL SURVEY

You can preview the survey online at  
[www.mdi.ubc.ca](http://www.mdi.ubc.ca).

HUMAN  
EARLY LEARNING  
PARTNERSHIP



MDi

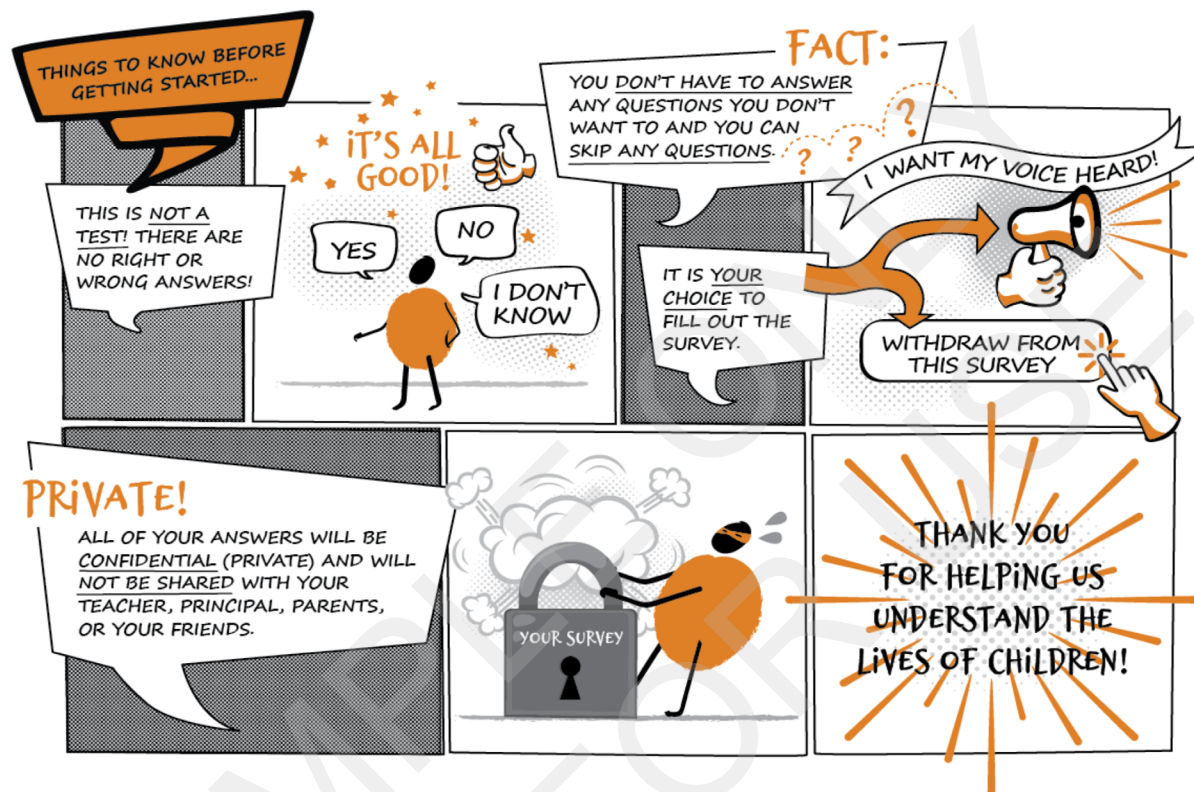
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Version: Sept 1, 2025  
H18-00507-A077

# STUDENT ASSENT SCRIPT

## Understanding Our Lives: The Middle Years Development Instrument Survey

We would like to learn more about the lives of school children in Canada, and the best way to do that is to ask YOU about your life in school and outside of school. It has been a long time since we were your age, so we need you to be our "teachers", so that we can learn more about the lives of children today. To learn about children your age, we would like to ask you some questions about how you think and feel about things in your life and about what you like to do.



### Here are some things to know before getting started:

1. This is **not a test!** There are **no right or wrong answers**. Some people think or feel one thing and other people think or feel something else. We want to know what *you* think and how *you* feel. Your answers are VERY IMPORTANT and will help improve activities and programs for children your age.
2. It is **your choice** to fill out the survey. You can choose not to fill out the survey at any time before, during or after your survey is finished and you will not get in trouble or lose marks. You don't have to answer any questions you don't want to and you can skip any questions. You can withdraw from the survey at any time by clicking on the "Withdraw from this survey" button on the bottom of every page.
3. It is important for you to know that ALL OF YOUR ANSWERS that you put in this survey will be **confidential (private)** and will **not** be shared with your teacher, principal, parents, or your friends.

Please answer each question the best you can.

Thank you for your help!

HUMAN  
EARLY LEARNING  
PARTNERSHIP

Start Survey

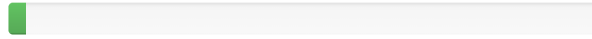
Withdraw from this survey

MDI

MIDDLE YEARS DEVELOPMENT INSTRUMENT  
discovermdi.ca

2

Version: Sept 1, 2025  
H18-00507-A077



3% complete

### Quick review before you start (check the boxes to confirm):

☐ I understand this survey does not count for school marks

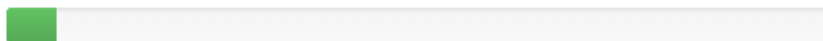
☐ I understand I can stop doing the survey at any time

☐ I understand I can skip a question

☐ I understand this is confidential (private)

Previous

Next



6% complete

## Please tell us a little bit about yourself

1. What is your birth date?

Day ▾

Month ▾

Year ▾

2. Which of these adults do you live with most of the time? (Check all adults you live with.)

☐ One parent

☐ Two parents

☐ Part time with each parent

☐ Step-parent(s)

☐ Grandparent(s)

☐ Foster parent(s) or caregiver(s)

☐ Other adults

3. How many siblings (brothers and sisters) do you have?

0

1

2

3

4

5

6

7 or more

☐

☐

☐

☐

☐

☐

☐

☐

4. How do you describe your gender?

Boy

Girl

Non-binary

In another way

☐

☐

☐

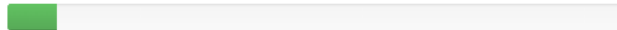
☒

If you do not want to answer, please go to the next page.

The way I describe my gender is...

Previous

Next



8% complete

All of your family members might not be First Nations, Inuit or Métis, but maybe some of them are. We want to know about **YOU**. Are you First Nations, Inuit or Métis? If so, please answer **YES**.

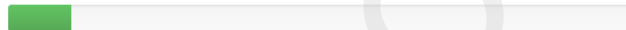
5. Are you First Nations, Inuit or Métis?

No Yes Part  
☐ ☒ ☐

Which do you identify as?

☒ First Nations  
☐ Inuit  
☐ Métis

Please share your First Nation(s), Inuit or Métis community/communities here:



10% complete

6. What is the first language you learned at home? (You can check more than one if you need to.)

☒ First Nations, Inuit or Métis language  
☐ English  
☐ Arabic  
☐ Cantonese  
☐ Filipino/Tagalog  
☐ French  
☐ Hindi  
☐ Japanese  
☐ Korean  
☐ Mandarin  
☐ Punjabi  
☐ Russian  
☐ Spanish  
☐ Vietnamese  
☒ Other

Which First Nations, Inuit or Métis language?

Other:

Previous

Next

7. Which language(s) do you speak at home?  
(You can check more than one if you need to.)

- ☒ First Nations, Inuit or Métis language
- ☐ English
- ☐ Arabic
- ☐ Cantonese
- ☐ Filipino/Tagalog
- ☐ French
- ☐ Hindi
- ☐ Japanese
- ☐ Korean
- ☐ Mandarin
- ☐ Punjabi
- ☐ Russian
- ☐ Spanish
- ☐ Vietnamese
- ☒ Other

Which First Nations, Inuit or Métis language?

Other:

Previous

Next

13% complete

8. Were you born in Canada?

No Yes Don't Know

☐ ☐ ☐

9. Were your parents born in Canada?

No Yes, one parent Yes, both parents Don't Know

☐ ☐ ☐ ☐

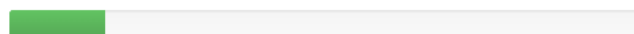
10. How difficult is it for you to read in English?

Very hard Hard Easy Very easy

☐ ☐ ☐ ☐

Previous

Next



15% complete

### The next question is about your ethnic or racial background.

Why are we asking this question?

We know that people of different races do not have very different genetics. But, our race and ethnicity still have important consequences, including the experiences we have with different people and organizations.

Canada is home to people from many different racial or ethnic groups and backgrounds. Every person is born into one or more racial or ethnic groups.

11. How would you describe your own racial or ethnic background? *(Choose more than one if it is true for you.)*

- ☒ Indigenous (First Nations, Inuit, or Métis)
- ☐ Black (for example, African, Caribbean, Haitian, Kenyan, Nigerian)
- ☐ East Asian (for example, Chinese, Japanese, Korean, Taiwanese, Mongolian)
- ☐ Latino/Latina/Latinx (for example, Hispanic, Latin American, Chilean, Colombian, Mexican)
- ☐ Middle Eastern (for example, Egyptian, Iranian, Israeli, Lebanese, Turkish)
- ☐ South Asian (for example, Indian, Pakistani, Nepalese, Sri Lankan)
- ☐ South East Asian (for example, Cambodian, Filipino, Indonesian, Thai, Vietnamese)
- ☐ White (European background)
- ☒ Other

Other:

Previous

Next



17% complete

## INSTRUCTIONS AND SAMPLE QUESTIONS

If you do not understand a question, please raise your hand and **ask for help**.

Make sure you **understand** the question and the answer options **before** you answer.

Here are sample questions for practice.

These questions ask you how much you agree or disagree with the statement.

I like to eat carrots.	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
I don't like to eat pizza.	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

Previous

Next



19% complete

## Lets start now!

Remember, there are no right or wrong answers!

1. I have more good times than bad times.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
2. I believe more good things than bad things will happen to me.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
3. I start most days thinking I will have a good day.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
4. In general, I like being the way I am.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
<a href="#">Previous</a>		<a href="#">Next</a>			
5. Overall, I have a lot to be proud of.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
6. A lot of things about me are good.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
7. I feel unhappy a lot of the time.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
8. I feel upset about things.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>

25% complete

9. I feel that I do things wrong a lot.

Disagree  
a lot  
☐

Disagree a  
little  
☐

Don't agree  
or disagree  
☐

Agree a  
little  
☐

Agree  
a lot  
☐

10. I worry about what other kids might be saying about me.

Disagree  
a lot  
☐

Disagree a  
little  
☐

Don't agree  
or disagree  
☐

Agree a  
little  
☐

Agree  
a lot  
☐

11. I worry a lot that other people might not like me.

Disagree  
a lot  
☐

Disagree a  
little  
☐

Don't agree  
or disagree  
☐

Agree a  
little  
☐

Agree  
a lot  
☐

12. I worry about being teased.

Disagree  
a lot  
☐

Disagree a  
little  
☐

Don't agree  
or disagree  
☐

Agree a  
little  
☐

Agree  
a lot  
☐

Previous

Next

13. Over the last 2 weeks, how often have you been bothered by the following problems?

a) Feeling nervous, anxious, or on edge.

Not at  
all  
☐

Several  
days  
☒

Over half the  
days  
☐

Nearly every  
day  
☐

b) Not being able to stop or control worrying.

Not at  
all  
☐

Several  
days  
☒

Over half the  
days  
☐

Nearly every  
day  
☐

How difficult have these problems made it for you to do your school work, get tasks done at home, or get along with other people?

Not difficult  
at all  
☐

Somewhat  
difficult  
☐

Very  
difficult  
☐

Extremely  
difficult  
☐

31% complete

- |   |   |  |  |   |                                      |
|---|---|--|--|---|--------------------------------------|
| 14. In most ways my life is close to the way I would want it to be. | Disagree a lot<br><input type="radio"/> | Disagree a little<br><input type="radio"/> | Don't agree or disagree<br><input type="radio"/> | Agree a little<br><input type="radio"/> | Agree a lot<br><input type="radio"/> |
| 15. The things in my life are excellent.                            | Disagree a lot<br><input type="radio"/> | Disagree a little<br><input type="radio"/> | Don't agree or disagree<br><input type="radio"/> | Agree a little<br><input type="radio"/> | Agree a lot<br><input type="radio"/> |
| 16. I am happy with my life.  | Disagree a lot<br><input type="radio"/> | Disagree a little<br><input type="radio"/> | Don't agree or disagree<br><input type="radio"/> | Agree a little<br><input type="radio"/> | Agree a lot<br><input type="radio"/> |
| 17. So far I have gotten the important things I want in life.       | Disagree a lot<br><input type="radio"/> | Disagree a little<br><input type="radio"/> | Don't agree or disagree<br><input type="radio"/> | Agree a little<br><input type="radio"/> | Agree a lot<br><input type="radio"/> |
| 18. If I could live my life over, I would have it the same way.     | Disagree a lot<br><input type="radio"/> | Disagree a little<br><input type="radio"/> | Don't agree or disagree<br><input type="radio"/> | Agree a little<br><input type="radio"/> | Agree a lot<br><input type="radio"/> |

Previous

Next



33% complete

19. Are there any adults who are **IMPORTANT TO YOU** at your **school**?

No Yes

☐ ☐

If you answered 'Yes' to the question above, we would like you to put in the initial (the first letter in the person's first OR last name) for ALL of the adults who are **important to you** at your **school**. For example, if your teacher's name is Mr. Reed, you can just type an 'R' in the space, or if your supervision aide's name is Jane, you can just type in the letter 'J' in the space. You do not have to fill in all six spaces.

Person 1

Person 2

Person 3

Person 4

Person 5

Person 6

Previous

Next

36% complete

How true is each statement for you?

At my school, there is a teacher or another adult...

- |   |  |  |   |   |
|---|--|--|---|---|
| 20. ... who really cares about me.                      | Not at all true<br><input type="radio"/> | A little true<br><input type="radio"/> | Pretty much true<br><input type="radio"/> | Very much true<br><input type="radio"/> |
| 21. ... who believes that I will be a success.          | Not at all true<br><input type="radio"/> | A little true<br><input type="radio"/> | Pretty much true<br><input type="radio"/> | Very much true<br><input type="radio"/> |
| 22. ... who listens to me when I have something to say. | Not at all true<br><input type="radio"/> | A little true<br><input type="radio"/> | Pretty much true<br><input type="radio"/> | Very much true<br><input type="radio"/> |

39% complete

The next three questions are about your parents (or guardians) or other adults who live in your home. Parents can be biological parents, adoptive parents, step-parents, same-sex parents, or foster parents.

In my home, there is a parent or another adult...

- |   |  |  |   |   |
|---|--|--|---|---|
| 23. ... who believes that I will be a success.          | Not at all true<br><input type="radio"/> | A little true<br><input type="radio"/> | Pretty much true<br><input type="radio"/> | Very much true<br><input type="radio"/> |
| 24. ... who listens to me when I have something to say. | Not at all true<br><input type="radio"/> | A little true<br><input type="radio"/> | Pretty much true<br><input type="radio"/> | Very much true<br><input type="radio"/> |
| 25. ... who I can talk to about my problems.            | Not at all true<br><input type="radio"/> | A little true<br><input type="radio"/> | Pretty much true<br><input type="radio"/> | Very much true<br><input type="radio"/> |

42% complete

In my neighbourhood/community (not from your school or family), there is an adult...

26. ... who really cares about me.

Not at all  
true  
☐

A little  
true  
☐

Pretty much  
true  
☐

Very much  
true  
☐

27. ... who believes that I will be a success.

Not at all  
true  
☐

A little  
true  
☐

Pretty much  
true  
☐

Very much  
true  
☐

28. ... who listens to me when I have  
something to say.

Not at all  
true  
☐

A little  
true  
☐

Pretty much  
true  
☐

Very much  
true  
☐

Previous

Next

44% complete

Please answer the following questions about you and your friend(s) and your school.

29. I feel part of a group of friends that do  
things together.

Disagree  
a lot  
☐

Disagree a  
little  
☐

Don't agree  
or disagree  
☐

Agree a  
little  
☐

Agree  
a lot  
☐

30. I feel that I usually fit in with other kids  
around me.

Disagree  
a lot  
☐

Disagree a  
little  
☐

Don't agree  
or disagree  
☐

Agree a  
little  
☐

Agree  
a lot  
☐

31. When I am with other kids my age, I feel  
I belong.

Disagree  
a lot  
☐

Disagree a  
little  
☐

Don't agree  
or disagree  
☐

Agree a  
little  
☐

Agree  
a lot  
☐

32. I have at least one really good friend I  
can talk to when something is bothering  
me.

Disagree  
a lot  
☐

Disagree a  
little  
☐

Don't agree  
or disagree  
☐

Agree a  
little  
☐

Agree  
a lot  
☐

47% complete

33. I have a friend I can tell everything to.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
34. There is somebody my age who really understands me.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
35. I am certain I can learn the skills taught in school this year.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
36. If I have enough time, I can do a good job on all my school work.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>

Previous

Next



50% complete

37. Even if the work in school is hard, I can learn it.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
38. Teachers and students treat each other with respect in this school.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
39. People care about each other in this school.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>
40. Students in this school help each other, even if they are not friends.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>

Previous

Next





53% complete

41. I feel like I belong in this school.

Disagree  
a lot  
☐

Disagree a  
little  
☐

Don't agree  
or disagree  
☐

Agree a  
little  
☐

Agree  
a lot  
☐

42. I feel like I am important to this school.

Disagree  
a lot  
☐

Disagree a  
little  
☐

Don't agree  
or disagree  
☐

Agree a  
little  
☐

Agree  
a lot  
☐

43. This school year, how often have you been treated unfairly by others because of your ethnic, racial or cultural background?

Not at all  
this school  
year  
☐

Once or  
a few  
times  
☐

About  
every  
month  
☐

About  
every  
week  
☐

Many  
times a  
week  
☐

Previous

Next



56% complete

**Important definition: Bully** - There are a lot of different ways to bully someone, but a bully has some advantage (stronger, more popular, or something else), wants to hurt the other person (it's not an accident), and does so repeatedly (over and over again) and unfairly. Sometimes a group of students will bully another student.

The next four questions might make you feel uncomfortable, but it is important for us to know. Please answer the questions honestly.

This school year, how often have you been bullied by other students in the following ways?

44. Physical bullying (for example, someone hit, shoved, or kicked you, spat at you, beat you up, or damaged or took your things without permission).

Not at all  
this school  
year

☐

Once or  
a few  
times

☐

About  
every  
month

☐

About  
every  
week

☐

Many  
times a  
week

☐

45. Verbal bullying (for example, someone called you names, teased, embarrassed, threatened you, or made you do things you didn't want to do).

Not at all  
this school  
year

☐

Once or  
a few  
times

☐

About  
every  
month

☐

About  
every  
week

☐

Many  
times a  
week

☐

46. Social bullying (for example, someone left you out, excluded you, gossiped and spread rumors about you, or made you look foolish).

Not at all  
this school  
year

☐

Once or  
a few  
times

☐

About  
every  
month

☐

About  
every  
week

☐

Many  
times a  
week

☐

47. Cyberbullying (for example, someone excluded, threatened, embarrassed or hurt you online or through text messages).

Not at all  
this school  
year

☐

Once or  
a few  
times

☐

About  
every  
month

☐

About  
every  
week

☐

Many  
times a  
week

☐

Previous

Next



58% complete

The next questions ask about your health. Sometimes children your age may feel that these kinds of questions are uncomfortable to answer.

Remember you are helping us to learn more about the health of children your age in Canada:

48. In general, how would you describe your health?

Poor Fair Good Excellent  
☐ ☐ ☐ ☐

Previous

Next

49. In general, how would you say your mental health is?

Poor Fair Good Excellent  
☐ ☐ ☐ ☐

50. In the past year, did you get professional help for any mental health or emotional challenges?

No, because I didn't need help No, I didn't get help when I needed it Yes, I got help when I needed it  
☐ ☐ ☒

If you did get help in the past year for mental health or emotional challenges, who did you get help from? (Select all that apply.)

- ☐ A doctor
- ☐ A nurse
- ☐ A psychiatrist
- ☐ Someone at a hospital, emergency room, or urgent care clinic
- ☐ A school counselor
- ☐ A psychologist or counselor outside of school
- ☐ A social worker
- ☐ Other
- ☐ I don't know

50. In the past year, did you get professional help for any mental health or emotional challenges?

No, because I didn't need help

☐

No, I didn't get help when I needed it

☒

Yes, I got help when I needed it

☐

If you did not get help when you needed it, what are the reasons you did not get help? (Select all that apply.)

- ☐ I thought I could manage it myself
- ☐ I didn't know where to get help
- ☐ I never got around to it (for example, too busy)
- ☐ It would have been hard to schedule
- ☐ I tried but the wait was too long
- ☐ I am on a waitlist
- ☐ I didn't think professional help would do any good
- ☐ It was going to cost too much
- ☐ Getting there was a problem
- ☐ I was afraid of what others would think of me
- ☐ My parent/guardian(s) would not take me
- ☐ I didn't want my parent/guardian(s) to know
- ☐ Past negative experience(s) when trying to get help
- ☐ Other

Previous

Next

64% complete

51. a) How do you usually get TO school:

Car

☒

School bus

☐

Public transportation (public bus, train or ferry)

☐

Walk

☐

Cycle, skateboard, scooter, or rollerblade

☐

Something else

☐

51. b) How do you usually get home FROM school:

Car

☐

School bus

☐

Public transportation (public bus, train or ferry)

☐

Walk

☐

Cycle, skateboard, scooter, or rollerblade

☐

Something else

☐

Previous

Next



64% complete

52. How often do you eat breakfast?	Never	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	◀
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
53. How often do your parents or other adult family members eat meals with you?	Never	Once a week	2 times a week	3 times a week	4 times a week	5 times a week	6 times a week	Every day	◀
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
54. In the past year, did you go to bed hungry because there wasn't enough food at home?	Never	Rarely	Sometimes	Often	Very often				◀
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>				

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SAMPLE ONLY  
NOT FOR USE

67% complete

55. The next questions ask about **THE FRUITS AND VEGETABLES** you ate **YESTERDAY**.

a) **YESTERDAY**, how many servings of fruit (fresh, frozen, canned, and dried) did you eat? **DO NOT** count juices or drinks.

None   1 serving   2 servings   3 servings   4 servings   5 or more servings

☐   ☐   ☐   ☐   ☐   ☐

1 serving of **FRUIT** is about the size of your fist, and could be 1 apple or orange, 1 banana, half cup berries, 20 cherries or grapes, or a few pieces of dried fruit.

b) **YESTERDAY**, how many servings of vegetables (fresh, frozen or canned) did you eat? **DO NOT** count vegetable juices or french fries.

None   1 serving   2 servings   3 servings   4 servings   5 or more servings

☐   ☐   ☐   ☐   ☐   ☐

1 serving of **VEGETABLES** is about the size of your fist, and could be half cup of broccoli, 1 cup of lettuce or spinach, half cup of green beans, half cup of sweet potatoes, or half cup of bok choy.

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69% complete

56. The next questions ask about your other eating habits. When answering, please answer based on what you eat in a NORMAL WEEK. Think about all meals such as breakfast, lunch, dinner/supper, and snacks.

- a) In a normal week, how often do you eat sugary foods (for example, cookies, cake, ice cream, chocolate, candy, sugary breakfast cereal, or store-bought muffins, protein bars, or granola bars)?
- Never ☐ Once a week ☐ 2 times a week ☐ 3 times a week ☐ 4 times a week ☐ 5 times a week ☐ 6 times a week ☐ Every day ☐
- b) In a normal week, how often do you eat salty snacks (for example, chips, crackers, pretzels or popcorn)?
- Never ☐ Once a week ☐ 2 times a week ☐ 3 times a week ☐ 4 times a week ☐ 5 times a week ☐ 6 times a week ☐ Every day ☐
- c) In a normal week, how often do you have a sweet drink (for example, iced tea, fruit juice, pop or soda, hot chocolate, sweet tea or coffee drinks like bubble tea or blended iced coffee, or energy or sports drinks)?
- Never ☐ Once a week ☐ 2 times a week ☐ 3 times a week ☐ 4 times a week ☐ 5 times a week ☐ 6 times a week ☐ Every day ☐

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72% complete

57. How often do you get a good night's sleep?
- Never ☐ Once a week ☐ 2 times a week ☐ 3 times a week ☐ 4 times a week ☐ 5 times a week ☐ 6 times a week ☐ Every day ☐
58. What time do you usually wake up during the weekdays?
- Before 6:00am ☐ Between 6:00am and 7:00am ☐ Between 7:00am and 8:00am ☐ After 8:00am ☐
59. What time do you usually go to bed during the weekdays?
- Before 9:00pm ☐ Between 9:00pm and 10:00pm ☐ Between 10:00pm and 11:00pm ☐ Between 11:00pm and midnight ☐ After 12:00am/midnight ☐
60. I spend time on my phone or other electronic devices before I go to sleep.
- Never ☐ Rarely ☐ Sometimes ☐ Often ☐ Very often ☐

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74% complete

61. When thinking of your friends and classmates, how common is it that people your age...

	Not at all common	Somewhat common	Quite common	Very common
a) ...vape?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) ...use tobacco products (for example, cigarettes)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) ...drink alcohol?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) ...use other drugs (for example, cannabis)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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77% complete

## ABOUT MY OUT-OF-SCHOOL TIME

62. On school days, how often do you go to these places after school?

a) I go home.	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every school day)
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
b) I stay at school to participate in after school activities (for example, sports, tutoring, clubs).	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every school day)
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
c) I go to an after school program/daycare (in my school or someplace else).	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every school day)
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
d) I go to a friend's house.	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every school day)
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
e) I go to a library.	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every school day)
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
f) I go someplace else, for example, a family member's home, or other places.	Never	Once a week	Twice a week	3 times a week	4 times a week	5 times a week (every school day)
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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79% complete

63. Are there places in your neighbourhood/community where you feel comfortable to hang out with friends?	No	Yes	Don't know		
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>		
64. My neighbourhood is a place where neighbours help each other.	Disagree a lot	Disagree a little	Don't agree or disagree	Agree a little	Agree a lot
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

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82% complete

The next questions are about activities that are organized. That is, the questions are about activities that are planned and supervised by a teacher, instructor, adult, coach or volunteer.

65. In a normal week, outside of school hours, how often do you spend time doing the following activities:

	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
a) Educational lessons or activities (for example, tutoring, math, language school, or something else)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	◀

	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
b) Art or music lessons (for example, drawing, painting, playing a musical instrument, or something else)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	◀

	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
c) Youth organizations (for example, Scouts, Girl Guides, Boys and Girls Clubs, After School Care, or something else)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	◀

	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
d) Individual sports with a coach or instructor (for example, swimming, dance, gymnastics, tennis, skating, or something else)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	◀

	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
e) Team sports with a coach or instructor (for example, basketball, hockey, soccer, football, or something else)?	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	◀

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85% complete

The next questions ask you about other activities you might do outside of school.

66. In a normal week, outside of school hours, how often do you spend time doing the following activities:

a) ... sports and/or exercise for fun (for example, playing outside, biking, skating, sledding, shooting hoops, swimming, yoga, dancing, or something else)?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
b) ... do homework?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
c) ... read for fun?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
d) ... hang out with friends in person?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
e) ... play outside at a park, playground or in the neighbourhood?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
f) ... religious, spiritual or faith-based activities?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
g) ... cultural activities?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
h) ... volunteer (either at school or in the community)?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	
i) ... work at a job (for example, babysitting, mowing the lawn)?	Never	1 day	2 days	3 days	4 days	5 days	6 days	Every day	
	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	

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87% complete

Physical activity is any activity that increases your heart rate and makes you out of breath some of the time. Physical activity can be done in sports, school activities, playing with friends, or walking to school. Some examples of physical activity are running, fast walking, skating, biking, dancing, skateboarding, swimming, soccer, and basketball.

Let's try to add up all the time you spend in physical activity each day:

67. In a normal week, how many days are you physically active for a total of at least 60 minutes or one hour per day?

Never 1 day 2 days 3 days 4 days 5 days 6 days Every day

68. In a normal week, how many days do you spend 30 or more minutes in nature?

Never 1 day 2 days 3 days 4 days 5 days 6 days Every day

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90% complete

The next questions ask how many hours in a day you do an activity, rather than how many days a week.

69. In a normal week, how many hours per day do you...

a) ...sit and watch TV, movies, or videos, including YouTube?

I do not do this activity Less than 1 hour 1 to 2 hours 2 to 3 hours 3 to 4 hours 4 to 5 hours 5 hours or more

b) ... play video or computer games?

I do not do this activity Less than 1 hour 1 to 2 hours 2 to 3 hours 3 to 4 hours 4 to 5 hours 5 hours or more

c) ... hang out with friends on the phone, tablet or computer (for example, video call, text messaging)?

I do not do this activity Less than 1 hour 1 to 2 hours 2 to 3 hours 3 to 4 hours 4 to 5 hours 5 hours or more

d) ... spend on social media sites or apps, such as Instagram, Snapchat, Twitter, Facebook, TikTok either browsing or posting?

I do not do this activity Less than 1 hour 1 to 2 hours 2 to 3 hours 3 to 4 hours 4 to 5 hours 5 hours or more

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92% complete

These questions ask you how much you agree or disagree with the statement. Remember, there are no right or wrong answers.

70. When I make a decision, I think about what might happen afterward.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀
71. I take responsibility for my mistakes.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀
72. I can say 'no' when someone wants me to do things that are wrong or dangerous.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀
73. When I'm sad, I can usually start doing something that will make me feel better.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀

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95% complete

74. After I'm interrupted or distracted, I can easily continue working where I left off.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀
75. I can calm myself down when I'm excited or upset.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀
76. When I'm upset, I notice how I am feeling before I take action.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀
77. I am aware of how my moods affect the way I treat other people.	Disagree a lot <input type="radio"/>	Disagree a little <input type="radio"/>	Don't agree or disagree <input type="radio"/>	Agree a little <input type="radio"/>	Agree a lot <input type="radio"/>	◀

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97% complete

78. When difficult situations happen, I can pause without immediately acting.

Disagree a lot  
☐

Disagree a little  
☐

Don't agree or disagree  
☐

Agree a little  
☐

Agree a lot  
☐



79. I believe I can make a difference in the world.

Disagree a lot  
☐

Disagree a little  
☐

Don't agree or disagree  
☐

Agree a little  
☐

Agree a lot  
☐



80. I try to make this world a better place.

Disagree a lot  
☐

Disagree a little  
☐

Don't agree or disagree  
☐

Agree a little  
☐

Agree a lot  
☐



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100% complete

The next few questions ask about climate change and how it impacts your life. When we say 'climate change', we mean long-term changes in weather and its effects (for example, extreme heat/global warming, flooding, wildfires, storms).



81. Is climate change negatively impacting your mental health?

No, not at all  
☐

Yes, a little  
☐

Yes, somewhat  
☐

Yes, quite a bit  
☐

Yes, very much  
☐



82. I believe I can do things to help with the problem of climate change.

Disagree a lot  
☐

Disagree a little  
☐

Don't agree or disagree  
☐

Agree a little  
☐

Agree a lot  
☐

I don't think climate change is a problem  
☐



83. I have people in my life (for example, friends, family, professionals) who can support me if I feel stressed about climate change.

Disagree a lot  
☐

Disagree a little  
☐

Don't agree or disagree  
☐

Agree a little  
☐

Agree a lot  
☐

I don't feel stressed about climate change  
☐



84. My daily life (for example, hobbies, activities, summer plans) has been directly affected by climate change (for example, extreme weather/wildfire, changing environment).

No, not at all  
☐

Yes, a little  
☐

Yes, somewhat  
☐

Yes, quite a bit  
☐

Yes, very much  
☐



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### Help for Students

Thank you for taking the Middle Years Development Instrument (MDI) survey. Some of the questions on this survey may have made you think of problems you are having, maybe with other students.

#### Below is an option to ask for help.

Clicking the first box below will send a private message to your teacher or principal who will follow up with you. If you would prefer not to talk to your teacher or principal, consider talking to a family member or your school counsellor. It is important for adults to know what's going on so that they can help you or other students who may be having trouble. You can also call the Kids HELP phone at 1-800-668-6868 or text CONNECT to 686868.

Would you like to talk to your teacher or principal about a problem you are having?

Yes, I would like to talk to my  
teacher or principal about a  
problem I am having

No, I do not need to talk to  
someone